

Bean Dip

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 cups kidney beans (canned)
1 tablespoon vinegar
3/4 teaspoon chili powder
1/8 teaspoon cumin (ground)
2 teaspoons onion (finely chopped)
1 cup cheddar cheese (grated)

Directions

1. Drain the kidney beans, but save the liquid in a small bowl
2. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
3. Stir in the chopped onion and grated cheese.
4. Store in a tightly covered container and place in the fridge
5. Serve with raw vegetable sticks or crackers.

Notes

If you don't have a blender, you can mix the first 4 ingredients in a medium bowl and mash with a fork. Then stir in the onion and cheese.

You can store this dip in the fridge for up to 4 or 5 days.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 150 | |
| Total Fat | 7 g | 11% |
| Protein | 9 g | |
| Carbohydrates | 13 g | 4% |
| Dietary Fiber | 5 g | 20% |
| Saturated Fat | 4 g | 20% |
| Sodium | 340 mg | 14% |